

Analysis of the Role of Appreciation of Traditional Chinese Ethnic Music in Improving the Quality of College Students

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Abstract: *The long-standing and profound traditional Chinese culture is a treasure that we are proud of and a crystallization of the wisdom of all ethnic groups in China. Traditional Chinese ethnic music is an important component of national culture and an artistic form formed during people's growth and practice, which can reflect the national customs and traditions. As a cradle for cultivating young people, universities serve as an intermediary for the inheritance of traditional Chinese ethnic music. Therefore, how to enhance students' ability to appreciate traditional Chinese ethnic music plays a very important role in cultivating students' quality. This article will start with the core qualities of aesthetics, patriotism, and cultural cultivation contained in traditional Chinese ethnic music, and explore the role of traditional Chinese ethnic music appreciation in cultivating the quality of college students around their growth needs.*

Keywords: *Chinese traditional ethnic music, college student quality, appreciation*

1. Introduction

Traditional Chinese ethnic music is the essence of Chinese civilization. It can not only inherit and promote China's excellent historical and cultural heritage, but also bring positive impacts to today's society. From a certain perspective, music is a unique form of language, through which one can fully experience the beauty of the world [1]. Moreover, the unique rhythm and rhythm contained in music can greatly regulate and improve people's emotions, enrich their emotions, and make their feelings towards things more specific. Chinese traditional ethnic music, as a form of music with ethnic characteristics, has rich cultural heritage and gradually improves with the development of the Chinese nation, affecting the thoughts of every generation. Therefore, the process of appreciating traditional Chinese ethnic music is the process of seeking and appreciating the thoughts and emotions behind music, which opens up new channels and directions for the cultivation of college students' qualities, especially in the cultivation of students' patriotism and aesthetic abilities, which has positive significance. Based on the current era, in the process of cultivating students, higher education institutions should not only implement the thinking of cultivating morality and talents, but also achieve the cultivation of students' comprehensive qualities. In the process of cultivating the quality of college students, excellent traditional culture plays a very important role, especially Chinese traditional ethnic music, which benefits from its long development history, embodies the development footprint of the Chinese nation, and contains national emotions and thoughts.

The development process of traditional Chinese ethnic music is very complex and lengthy, and its initial emergence can be traced back to the 21st century BC. With the development and progress of society, the content and style of traditional ethnic music are also constantly changing. From primitive music and dance to palace music and dance, strong ethnic elements were integrated into the formation and development of the nation. The music style also evolved from natural and casual at the beginning to possessing music patterns, and the overall elements gradually developed from scattered at the beginning to the rich and colorful present.

At present, with the wide popularity of Tiktok, Kwai and other We Media, the publicity of Chinese traditional folk music on the We Media platform is gradually reducing, and the scope of publicity is also shrinking. Pop music has gradually become the mainstream, making college students more choose pop music, which to a certain extent hinders the quality development of college students. On this basis,

the appreciation of traditional Chinese ethnic music also poses challenges. Because in the process of appreciation, it is necessary to have a rich understanding of the ethnic culture and historical background behind music, as well as the emotions of the nation. Only in this way can we better feel the charm of ethnic music and play a positive role in cultivating the values of college students.

From a fundamental perspective, the inability of traditional Chinese ethnic music appreciation to promote the quality development of college students is due to issues with students' attitudes and abilities. The lack of interaction and communication with students in the process of traditional ethnic music appreciation and the unilateral teaching of appreciation ability make it difficult for students to understand and recognize the reasons. At the same time, in the process of using various information networks, current college students have an overly impulsive personality and lack the ability to calmly analyze and solve problems, which is completely opposite to the traditional ethnic music that has been accumulated for thousands of years. Therefore, in the process of cultivating the quality of college students through traditional ethnic music appreciation, we should start by strengthening their internal cultivation and eliminating their impatience, so that ethnic music can play a more active role in cultivating the quality of college students.

2. The role of traditional Chinese ethnic music appreciation in cultivating the quality of college students

2.1 Further guide the patriotic sentiment of college students

The appreciation of traditional Chinese ethnic music plays a positive role in cultivating students' patriotism, allowing them to fully feel and appreciate the practical significance of personal patriotism, promoting the cultivation of students' socialist core values, and enabling them to develop more comprehensively.

In the process of appreciation, students can find musical elements of patriotism and love for the Party from traditional ethnic music with strong national emotions, thereby stimulating their patriotic emotions in the hearts of students. Under the influence of music, students can gradually cultivate political ideas for socialist struggle, establish political ideals for socialist modernization, and become a part of the great rejuvenation of the Chinese nation. From this perspective, some people may say that the appreciation process of traditional ethnic music has become a politicized process, serving politics. But some people also say that ethnic music is detached from politics and formed based on the culture and emotions of the nation [2]. It is a yearning for a better life and a criticism of the real world. In the final analysis, the appreciation process of traditional ethnic music is to listen to different historical stories and feel different historical emotions behind the music. A positive and upward mental state, as well as the spiritual power to strive forward, can be obtained from music appreciation.

From the essence of traditional Chinese ethnic music, it has a strong national spirit, and the elements of music reflect more ideological content [3]. Through the appreciation of traditional Chinese ethnic music, students can have a deeper understanding and deeper emotions about the history of the country and the nation in terms of ideology, thereby stimulating their patriotism. Moreover, there are many music works related to patriotism in traditional ethnic music. Therefore, it is necessary to choose distinctive works based on students' actual ideological status and their ability to accept and understand music, guide and help students understand the cultural internalization and national spirit in music, integrate the cultivation of patriotic sentiments with music appreciation and learning, excavate the patriotic enthusiasm of traditional ethnic music, and gradually let students fall in love with traditional ethnic music.

2.2 Further enhancing the historical and cultural cultivation of college students

In the process of appreciating music, different people will have different feelings. Faced with the same musical work, some listeners can fully understand the emotions contained in the music, be infected by the music, and indulge in the melody of the music; some listeners may not feel the charm of music, unable to achieve emotional resonance, and even more difficult to understand the cultural heritage and historical cultivation behind music. For example, in the well-known pipa songs "Nishang Yuyi Qu" and "Liuyao", the simple music melody and rhythm reflect the high and low speed; And those who appreciate music can hear the scene of "the big strings being as noisy as the rain, the small strings being cut like whispers", in order to construct the image of "the silver bottle bursting with water, the iron horse highlighting the sound of knives and guns, the end of the song being drawn carefully,

and the four strings sounding like silk" during the appreciation process [4]. Therefore, the appreciation of traditional Chinese ethnic music is closely related to the abilities and personalities of the connoisseurs. People with different interests and in different environments have significant differences in their perception of the beauty contained in traditional ethnic music.

In addition, there are essential differences between traditional Chinese ethnic music and popular music, especially in terms of historical and cultural aspects. After thousands of years of sedimentation and development, traditional ethnic music has formed different schools. Moreover, the historical and cultural backgrounds behind each genre of music work are completely different. When appreciating ethnic music works, students need to have a thorough understanding of the specific historical stages, especially the personal experiences of the creators of the music works and their respective genres. Only with the basic theoretical knowledge of appreciating music can one fully discover and experience the historical stories behind traditional ethnic music, and have a deeper understanding and understanding of traditional ethnic music.

Through the process of students' understanding and appreciation of traditional Chinese ethnic music, they have a more comprehensive understanding of the historical and cultural knowledge of the nation, and their appreciation ability is constantly improving. They can also have a more thorough understanding of the historical and cultural heritage and the spiritual world of the nation, gradually cultivating a sense of history in music and appreciating music in history. Through the interweaving of traditional ethnic music and historical culture, students' historical and cultural cultivation will naturally achieve significant development and progress, promoting the development of students' historical and cultural literacy.

2.3 Further strengthening the aesthetic literacy of college students

The world created by music is virtual and different from the real world. But in the world of music, one can feel both the emotions required within the melody and the shock outside the melody, which is precisely what traditional Chinese ethnic music can bring to people. Traditional Chinese ethnic music is different from Western music, with completely different focuses. The West places more emphasis on bringing sensory stimulation to people, while traditional ethnic music places more emphasis on bringing enjoyment to the spiritual world, which can to some extent meet the needs of viewers for beauty and generate a sense of aesthetic pleasure.

The process of appreciating traditional Chinese ethnic music is the process of appreciating a charming painting. For example, a beautiful national music melody is like showcasing a magnificent palace dance drama, as if constructing historical scenes created by Tang and Song poetry. These vivid and vivid images can fully relax students' body and mind, allowing them to further expand their understanding and understanding of beauty. Through the appreciation of traditional ethnic music by college students, students can fully feel the grandeur and excitement in ethnic music, and feel the melodious rhythm in ethnic music [5]. In the process of appreciating the rhythm and rhythm of different ethnic music, students are more directly influenced by the beauty of ethnic music, thereby achieving the goal of improving students' aesthetic ability and promoting the development of students' quality. Especially at present, college students often come into contact with their own professional fields during the learning process, and lack understanding and understanding of the entire social field. By appreciating traditional Chinese ethnic music, it enables students to have a better grasp of the truth, goodness, beauty, falsehood, evil, and ugliness of society, thereby cultivating the ability of college students to experience, understand, and create beauty, and improving their aesthetic literacy.

2.4 Further regulating the physical and mental health of college students

Harmony and music are the essence and characteristics of music. Therefore, the appreciation of traditional Chinese ethnic music can effectively improve and regulate the physical and mental health of college students, laying a solid foundation for their quality cultivation and comprehensive development.

In the process of expressing emotions, music has a more direct form [6]. By using different melodies, rhythms, and content, it fully releases beautiful, sad, and melancholic emotions, allowing viewers to feel the beauty of the past and forget the sadness, effectively mediating students' emotions and allowing them to maintain physical and mental pleasure during the appreciation process. Since ancient times, there have been examples of linking music with people's physical and mental health. The "Spring and Autumn Annals" mentioned the issue of music treating diseases, especially in the

"Huangdi Neijing", which directly pointed out that the five organs of the body and the five tones in music correspond to each other, and different musical melodies cause different reactions from the organs, affecting physical and mental development.

At present, the process of cultivating the quality of college students is influenced by various factors, especially the rapid development of society and fierce competition. Students are under great pressure in terms of learning, employment, and emotions. If not released in a timely manner, their physical and mental health will be greatly affected. Appreciation of traditional Chinese ethnic music has become a process for students to learn and enhance their appreciation abilities, as well as a process for students to listen to music and release pressure. By appreciating the soothing parts of traditional Chinese ethnic music, it can greatly alleviate students' mental tension and fatigue, relieve their psychological fatigue, and add more motivation to their learning and emotions. Therefore, in the appreciation of traditional Chinese ethnic music, more positive and uplifting music works should be adopted to allow students to experience the spiritual comfort reflected in the music works, gradually adjust the physical and mental state of college students, improve their learning and life rhythm, achieve a balance between life and learning, and maintain a healthy physical and mental state, which is more conducive to the development of students' quality.

3. Strategies for promoting the role of traditional Chinese ethnic music appreciation in cultivating the quality of college students

The appreciation of traditional Chinese ethnic music plays an important role in the process of cultivating the quality of college students. Therefore, in higher education institutions, multiple measures should be taken to continuously improve students' appreciation ability and promote their quality development [7].

Firstly, higher education institutions should integrate traditional Chinese ethnic music into the formation of students' artistic literacy. In the daily art process, universities should gradually encourage students to fall in love with traditional Chinese ethnic music. By organizing singing competitions for traditional Chinese ethnic music or inviting professional ethnic music singers to give speeches, students can be guided to visit the birthplace of ethnic music if conditions permit, allowing them to experience the charm of traditional ethnic music and attach greater importance to the study of traditional ethnic music appreciation.

Secondly, it is necessary to choose ethnic music works that are suitable for students' quality development. Chinese traditional ethnic music has a rich variety of works, and ethnic music is more direct in expressing emotions. Therefore, it is necessary to choose representative and emotionally positive works for students to appreciate. For example, the "Ansai Waist Drum" in Shaanxi is highly representative and emotionally unrestrained, making it easier for students to develop emotional resonance, laying a solid foundation for the cultivation of quality.

Once again, it is necessary to enhance students' interest in traditional Chinese ethnic music. The appreciation of ethnic music is relatively monotonous, therefore, it is necessary to cultivate students' interest in ethnic music and appreciation in order to achieve the established tasks. In practice, ethnic music can be linked to popular music that college students are familiar with, allowing students to gradually enter the atmosphere of appreciation and more easily develop a strong interest in ethnic music. Finally, the appreciation of traditional Chinese ethnic music should be fully open. The learning and appreciation of music also depend to a certain extent on students' talents and abilities. Therefore, in the process of music appreciation, it is necessary to fully respect students' differences in music perception and appreciation abilities [8]. More exploratory steps are adopted to allow students to independently think and analyze the ideological, emotional, and cultural connotations behind ethnic music, providing guidance and assistance, making students more open to learning and understanding of ethnic music, which is conducive to the cultivation of exploratory thinking.

4. Conclusion

In summary, the cultivation of college students' qualities plays a very important role in their growth and development. Chinese traditional ethnic music, as an important component of excellent traditional culture, plays an important role in cultivating students' patriotism, enhancing their historical and cultural cultivation, shaping their aesthetic abilities, and maintaining their physical and mental health. Higher education institutions must give full attention to it. We should deeply understand the impact of

various western music on students' ideology, strengthen the appreciation of traditional Chinese folk music based on students' actual music learning situation, focus on students' actual development needs, and constantly improve students' music appreciation ability, so that students can have a deeper understanding of traditional Chinese folk music. Promote the cultivation of students' quality and train more comprehensive talents for socialist modernization.

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